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Your essential daily news | MONDAY, JANUARY 16, 2017

High 4°C/Low -1°C Partly cloudy

METRO FOCUS ON ACTIVISM!

As a mass of women get set to March on Washington, **we follow those ready to mobilize when it's needed** metroVIEWS & metroLIFE

Joseph Dallaire and Amanda, 10, enjoy painting together as part of Mentors Matter.
ELIZABETH CAMERON/FOR METRO

MENTORS MATTER

Program a rock for kids with chaotic lives, metroNEWS

Companies eye Calgary over Trump

BUSINESS

Election leads to inquiries for vacant offices

Brodie Thomas
Metro | Calgary

The election of Donald Trump has caused some American companies to look to Calgary as a possible new locale to set up shop.

Mary Moran, president and CEO of Calgary Economic Development, said that as the organization tasked with selling the city to outside businesses, they've been fielding a lot of calls.

"Americans are concerned," she said. "We have a lot of inquiries, both individuals as well as companies interested in Calgary."

Many calls are from Canadians who set up businesses in Silicon Valley. Rents are notoriously high in the San Francisco Bay area, while there are deals to be had with Calgary's over 25 per cent downtown office vacancy rate.

Moran said it reminds her of election night, when Canada's immigration website crashed, presumably from U.S. interest.

Jeff Thomson, principal senior vice-president with Core Commercial Real Estate, said they've been showing clients who've flown in what's available. While there are some big-name companies, there haven't been many commitments yet.

"I think people are still waiting to see what that effect of Trump will be," he said.

Moran adds that it isn't just office space that's drawing interest.

"You can't underestimate talent and our young population," she said. "We have the most productive workforce in the country."

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Ideal climate. Temperatures along the coast average 25°C year-round, without the extreme wet seasons common to the tropics. Due to Ecuador's location at the equator, hurricanes are inexistent. The warm water offers pleasant bathing all year round.

Stability. Ecuador is amongst the safest countries in Latin America and the currency is the US dollar. Most expats who relocate to Ecuador can obtain permanent residency status in just nine months.

Incredible sights. With UNESCO cities, endless sandy beaches, Amazon rainforests, the Andes and the Galápagos Islands, Ecuador is one of the most bio-diverse and eco-responsible places on the planet.

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- Cost of living 3 times lower
- Very accessible residency status
- No hurricanes
- One of Latin America's safest countries

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OWNERS SHARE THEIR EXPERIENCES

"Our designer at Hola is super responsive and understood our needs from the start. Every suggestion or change she recommended was reasonable and well thought out, making the process very easy! I would highly recommend considering a purchase with HolaEcuador. We can't wait for our first stay in January!"

- Charlene and kids, Toronto, 2016

"Our home is absolutely beautiful. Our designer's suggestions for the granite and bathroom tile were perfect. We absolutely love all the tile flooring designs along with the stair risers."

- Brenda and Dennis, Calgary, 2016

"I am so looking forward to furnishing my new home, spending my vacations there and finally retiring at a ripe young age because of this super inspired initiative. The process is extraordinary. Contract, payments, electronic communication and plans, photo website, patient personnel for questions. These assets make HolaEcuador successful as well as satisfying the customer."

- Dennis, Montreal, 2016

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Your essential daily news

Prince Charles co-authored picture book on climate change

True love stories

Love was in the air at the annual Calgary Wedding Fair on Sunday. Metro approached the brides and grooms to be, and asked them the mushiest question we could think of: What's your love story?

HIGH SCHOOL SWEETHEARTS

Tanya Goetz

We went to junior high together, and then in high school started dating. We didn't like each other at first, but then something clicked and we're soul mates now. We went for a hike, we got lost, but that was on purpose, and then he got down on one knee. It was really romantic.

BLINDED BY THE LIGHT

Kiss me, Kate

He took me for a walk in the dark, got down on one knee and said, "Will you marry me?" Then he opened the box with the ring in it, there was a really bright light shining on the ring and it blinded me. When he said, "Will you marry me?" I said, "Why is there a light?" Then I realized he was proposing to me and I said yes.

PUPPY LOVE

Mike Spencer and Samantha Milner

Mike: Tinder. She had a cute little dog, and I'm a big lover of dogs.
Samantha: He was cute.
Mike: She was so easy to talk to, so easy to hang out with. We just clicked.

HOME SWEET HOME

Rebecca Webb and Brian Butts

Rebecca: He's my landlord. My dad used to walk the dog at the same park as him. I was looking for a place to rent, I looked at his basement and rented it out, and we hit it off.
Brian: It was about a month of hanging out, trying to keep it professional, but it was pretty tough looking across the table at her. Things just took off from there. I guess she wasn't happy with the basement suite — she wanted to move upstairs.

WALK IN THE PARK

Jaymee Coyes

We have a gazebo in Banff that we carved our initials into. He took me back there this past New Year's and carved, "Will you marry me?" below our initials. Then I turned around, and he was on his knees.

TEXT AND PHOTOS BY AARON CHATHA/ METRO CALGARY

SLEIGHBELLS, RING

Prunella Fernandes

We met through my friend Val. We got along, had a lot in common. We got engaged at Lake Louise. We went for afternoon tea at the Fairmont, we did the sleigh ride and then he took me on a walk. He had a letter for me, and that's when he proposed.

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Donations keep dental bus rolling on

The Alex Dental Health Bus is helping residents struggling to get by to get the dental care they need. ELIZABETH CAMERON/FOR METRO

HEALTH

First clinic of 2017 offers oral care to 16 clients in need

Elizabeth Cameron
For Metro | Calgary

A visit with the dentist can be hard to swallow for many of us.

But for many Calgarians who don't have access to dental care, The Alex Dental Health Bus is a welcome sight.

The unique bus is equipped with two complete work areas, two digital X-ray units, sanitation supplies, and even a wheelchair lift.

The first Dental Access Clinic of the year left 16 clients smiling on Sunday — people who would not have received care otherwise because of financial and social barriers.

"No person should be in pain just because they lack resources," said Dr. Craig Young, managing partner and dentist at Orijin Integrated Dentistry, where the Dental Health bus parked outside on Sunday.

"When families are going paycheque to paycheque trying to meet their basic needs, (a $5,000 estimate for dental work is) unreachable for them," said Denise Kokaram, program lead of The Alex Dental Health Bus.

According to Kokaram, there are 200 people on the waitlist at any given time, and many require more than a quick polish.

"For many of our clients, their needs are so great that they require multiple appointments," she said.

Kokaram's team is hoping to provide monthly Dental Access Clinics this year — and a recent $150,000 donation from dentalcorp, a Canadian network of dental practices, is certainly going to help.

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COURT

Defence lawyer yet to show evidence

Lucie Edwardson
Metro | Calgary

The five-week trial of a man accused of killing a five-year-old Calgary boy and his grandparents begins Monday.

Douglas Garland, 56, is charged with murder in the deaths of Nathan O'Brien and Alvin and Kathy Liknes in June 2014.

He faces three counts of first-degree murder.

Kim Ross, Garland's defence attorney spoke with media Friday about how he and his client are feeling heading into the trial.

"It's been a long process for all parties involved so we're happy to get it going," he said. "I think Mr. Garland is happy it's getting underway also, as I said it's been a long process for all parties."

As for whether the defence will show any evidence, Ross said that decision hasn't been made yet.

"That's a decision we'll be making at the close of the Crown's case," he said.

> **We can only hope that at the end of this gruelling time we will find justice for Nathan, Alvin and Kathy.**
> O'Brien family statement

The disappearance of the Likneses and five-year-old grandson Nathan O'Brien gripped the city and country back in June 2014, and investigators have not reported finding any bodies.

Ross said the media attention is one reason the defence was allowed challenge for cause last week during jury selection, in which 14 jurors and three alternates were selected.

When asked if he worried if publicity surrounding the case would impact the outcome Ross said it's something the judge has already addressed with all parties.

"I think you're always concerned about that, but I think Justice Hall made it clear during jury selection to all parties involved as to what use should be used or what parties should not be using in terms of any pre-trial publicity or publicity during the trial," he said. "Hopefully everybody abides by that."

The O'Brien family released a statement last week saying they would not be speaking to media throughout the trial, but that they were grateful for the support of Calgarians and Canadians alike.

"The next five weeks of this trial will be very difficult for us.

"We can only hope that at the end of this gruelling time we will find justice for Nathan, Alvin and Kathy," they said.

Douglas Garland, 56, faces three first degree murder charges in the deaths of Alvin Liknes, Kathy Liknes and Nathan O'Brien. Garland's trial begins Monday. THE CANADIAN PRESS FILE

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Lectures on lesser-known history

SUPERNATURAL

'Academics' explore witchcraft and fringe science

Aaron Chatha
Metro | Calgary

The Faculty of Lesser-Known Arts & Sciences extends a warty finger of invitation to Calgarians to learn about casting and removing curses, and how magic tricks have won wars.

The Faculty, which is made up of real and not-so-real academics, regularly hosts events to explore fringe science topics. This time, it's the cross section of natural and supernatural.

"For example, Jay Ingram is presenting a true passion project of his, which is the Piltdown Man and it's a hoax," explained organizer Claudia Bustos. "But I'm presenting on the Canadian history of hexes and hoaxes, which is both real and questionable."

The Piltown Man is purported to be the missing link between modern man and primitive humans — the hoax fooled much of the scientific community in 1912.

Bustos will present questionable facts — some true, some not — about history. For example, in between the sections of dining and dashing and forging cheques in the criminal code, there's a section about the legalities of being committed for the crime of witchcraft.

"There have been about five people, if not more, in the past 10 years in Ontario and Quebec that have been fined and criminally charged for swindling people out of hundreds of thousands of dollars for claiming they were witches," she explains. "It's something the legal system takes quite seriously."

Other speakers will talk about how to identify if you've been cursed — and what to do about it.

The group presents everything with the utmost seriousness, even if they're not being very serious at all.

The event takes place on Jan. 17 at the Royal Canadian Legion #1. Visit www.lesserknown.org for more information.

Claudia Bustos and her fellow fringe academics.
AARON CHATHA/METRO

POLITICS

PC organizer faces one-year suspension

Brodie Thomas
Metro | Calgary

One of the people working behind the scenes for Jason Kenney's PC Partly leadership campaign has been suspended from the party for one year.

Alan Hallman, who said he's been a card-carrying PC Party member since about 1984, received a letter late Saturday evening informing him of the news.

Hallman said someone had complained about two of his recent tweets. He admittedly called someone an a—hole in one tweet. The letter provided by Hallman was signed by PC Party President Katherine O'Neill and says he is being suspended because of obligations under the leadership code of conduct.

O'Neill said the decision was made unanimously, and that the party has zero tolerance for violations of its codes of conduct.

Hallman said he will step back from the Kenney campaign, but at the same time he plans to fight dismissal.

"I've got rights, and I'm going after them," he said. "I want to be reinstated immediately. I want everyone to be judged by the same standards."

IN BRIEF

'Noxious substance' puts child in hospital
One young child was taken to a Calgary hospital after ingesting a poisonous substance on Friday. The child, said to be pre-school aged, remains in hospital in serious, non-life threatening condition. A second child is said to have no injuries after it was confirmed he had not ingested any of the substance.
MICHAEL LUMSDEN/FOR METRO

First responder to undergo surgery on finger
One emergency responder is facing finger-repair surgery after a physical altercation occurred between a patient and EMS staff on Thursday. Police say a standoff followed the incident, and a man was arrested. METRO

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DEVELOPMENT

Highland Park project back at council

Brodie Thomas
Metro | Calgary

Residents of Highland Park will once again be out in force at city council Monday to voice concerns about a proposed development on a former private golf course in the community.

Elise Bieche, president of the Highland Park Community Association, said council sent the developer — Maple Projects Inc — back to do more consultation in July, but she felt much time was wasted in the intervening months.

Bieche said the high point was the city's charette on the Green Line transit project.

"That was the first honest engagement where there's listening and reflecting and letting the community have a voice," she said.

Part of the proposed development bumps up against the 600 metre buffer where Transit Oriented Development (TOD) is allowed. Despite that, Bieche said she felt the city and developers missed real opportunities to make changes to the plan that reflect TOD. "The parcels that are on Centre Street are the lowest density when they should be the highest," she said.

While Bieche says the community association is focused on getting a better development, she knows there are still residents in the community who don't want any development at all.

Bill Morrison, chair of the watershed planning and policy committee with Calgary River Valleys, said the city has missed its chance to protect much of the area because it accepted a private consultant's assessment of the wetlands in the area as being below the standard for protection. He disagrees with that assessment.

Area Coun. Sean Chu said he will introduce an amendment to cap the number of units in the development at 2,070.

Mentors **Mary Jo Leslie** and **Joseph Dallaire** hang out with men-tees **Austin** and **Amanda** during a weekly visit. They met through the Mentors Matter program from Hull Services.
ELIZABETH CAMERON/FOR METRO

'It's as good for us as it is for them'

MENTAL HEALTH

Mentorship program helps children with challenges

Elizabeth Cameron
For Metro | Calgary

When Mary Jo Leslie and her husband Joseph Dallaire met Amanda, 10, and Austin, 12, it was love at first sight.

Their mentorship began a year ago through Mentors Matter, a program run by Hull Services — a Calgary charity that provides mental health and behavioural services to children who have experienced chaotic lives.

Leslie and Dallaire are two of more than 100 mentors in the program.

At least once a week — typically on Fridays — the foursome makes supper, watches a movie and the two children get to sleep over.

"We really enjoy their company," said Dallaire, who is teaching Amanda how to paint.

They go camping, swimming, and watch movies together. Dallaire reportedly makes a huge breakfast every Saturday morning.

"They get a lot of new experiences that I would never be able to do with them," said Amanda Laurans, mom to Austin and Amanda.

Laurans adopted the duo after they spent years in foster care.

Their biological mother was young when she had children and struggled with drugs and alcohol.

During visits, there's a social worker on call for Leslie and Dallaire if they need support.

Mentors report their hours on a monthly basis, and Hull Services provides movie passes, gift cards, or anything else the mentors need to give their men-tees new experiences.

Laurans has seen a big difference in the children since they started spending time with their mentors.

"Austin's not even as close to as shy as he was a year ago," Laurans said.

> **It's just been tremendously rewarding for us.**
> Mary Jo Leslie

The weekly mentorship also gives her a much-needed break.

"I'm a single mom — it's just me — and I don't have a lot of help or support."

Leslie agreed the program has been mutually beneficial.

"It's just been tremendously rewarding for us. It's as good for us as it is for them," she said. "I've told Amanda I plan to dance at her wedding. This is not a short-term thing."

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Indigenous voices on pipelines

FIRST NATIONS

Alberta's program aims to improve spill response

A new program in the works at Alberta's research and development agency aims to improve pipeline monitoring and spill response by enlisting more indigenous people.

Hundreds of thousands of kilometres of oil and gas pipes criss-cross the province, many in remote areas near the homes of First Nations and Metis people.

Ecologist Shauna-Lee Chai is hoping to get some traction for a feasibility study in the coming months into indigenous monitoring.

"We thought that this made perfect sense just because indigenous people have strong ties to the land," said Chai, who is with InnoTech Alberta, a subsidiary of the Crown corporation Alberta Innovates.

"They're often boots on the ground. They spend a good part of their day, many of them, practising their traditional rites: hunting, fishing, collecting berries and medicines."

Alberta has a program in the works that aims to improve pipeline monitoring by enlisting indigenous people in the effort. JEFF MCINTOSH/THE CANADIAN PRESS

InnoTech expects the first phase of a feasibility study would include reviews of existing industry practices and training programs, the design of a "pipeline monitoring 101" program and a market survey to determine job potential for trainees.

The next phase could involve training 10 to 15 indigenous people from at least three communities.

"If we could reduce the response time in people finding these leaks and affecting some sort of first response, I think that would go a far way," said Chai, who added participants could be taught to use drones or sniffer dogs to help detect pipeline problems.

> If this is land that their families have lived on for thousands of years, they know the land better than anybody.
> Byron Bates

Ron Mistafa, a dog trainer who spent several years in the Calgary police K-9 unit, said Chai approached him about getting involved in the nascent project.

"There's enough work and enough pipeline, especially old pipelines, to keep everybody busy," said Mistafa, head of Detector Dog Services International.

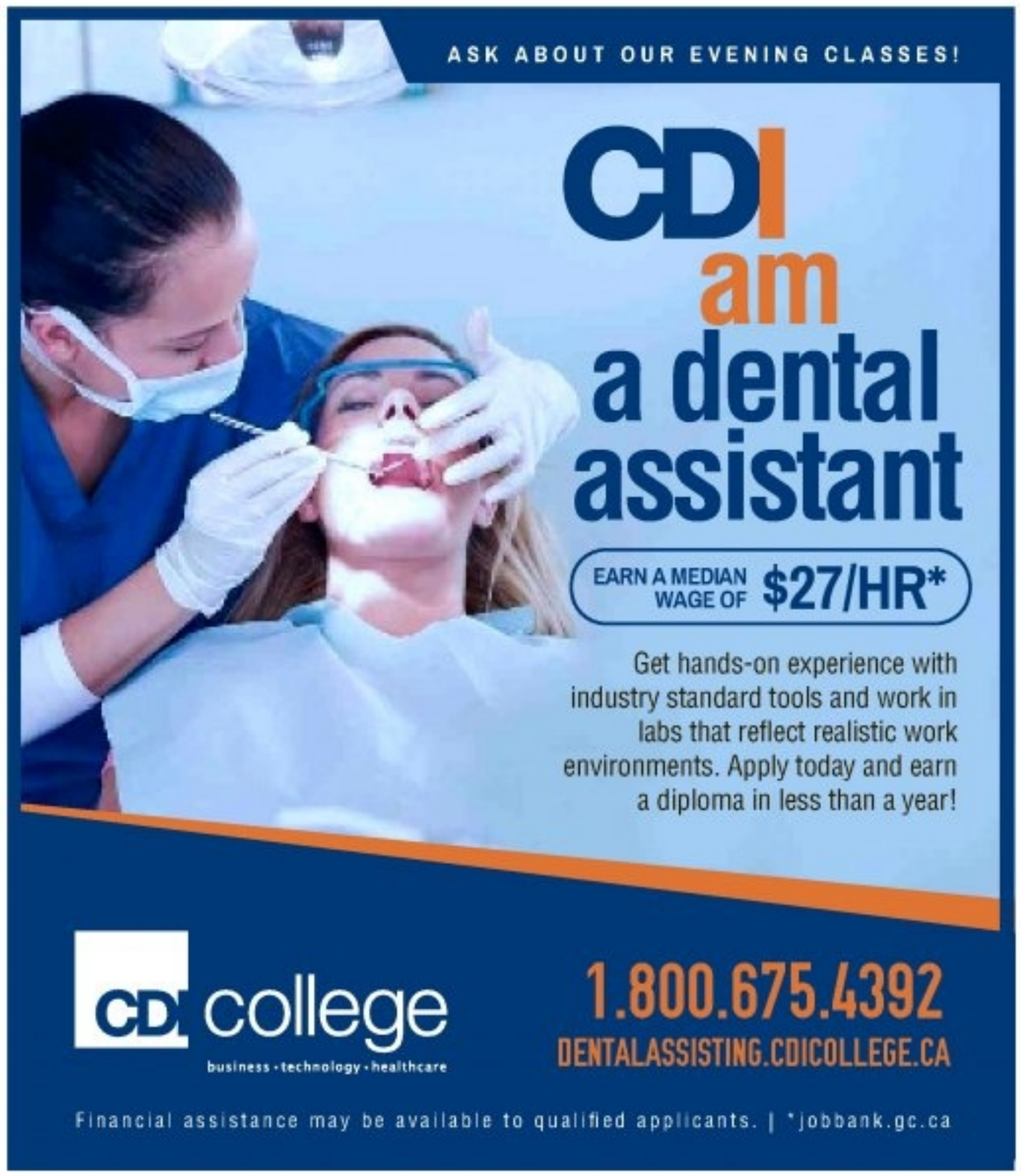
Byron Bates, a councillor with the Fort McMurray #468 First Nation, said getting indigenous people more involved sounds like a good idea.

"If this is land that their families have lived on for thousands of years, they know the land better than anybody," he said.

The community understands firsthand what can happen when something goes wrong with a nearby pipeline. In July 2015, a year-old pipeline ruptured at Nexen Energy's Long Lake oilsands site and spilled about five million litres of bitumen, sand and produced water southeast of Fort McMurray, Alta.

But Bates said benefits the industry has brought to the community can't be dismissed.

"If our First Nation had to live off the money we get from the federal government alone, we would be living in poverty." THE CANADIAN PRESS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SERBIA AND KOSOVO

Train sets off crisis in Balkans

A Serbian train halted at the border with Kosovo and bearing signs reading "Kosovo is Serbian" has fuelled a major crisis in the Balkans and escalated a potential Russia-West row over dominance in the war-torn region.

Serbia accused Kosovo's leaders on Sunday of "wanting war" and warned that it would defend "every inch" of its territory, a day after the train, provocatively decorated in Serbian Christian Orthodox symbols and flags, was prevented from entering the neighbouring nation.

Kosovo, supported by much of the West, declared independence from Serbia in 2008. But Serbia and its Slavic Orthodox ally, Russia, do not recognize the split. Serbia has sought to maintain influence in Kosovo's north, where most of the country's Serb minority lives.

Kosovo Prime Minister Isa Mustafa said he had contacted the U.S. and the European Union.

"The time of provocation, conflicts and wars should belong to the past," Mustafa said.

THE ASSOCIATED PRESS

DISASTER

Protect migrants, Pope says as sea search goes on

Pope Francis demanded Sunday that "every possible measure" be taken to protect young refugees, as search-and-rescue efforts continued off Libya's coast following the latest deadly migrant shipwreck.

Italy's coast guard said only four people survived the sinking of a migrant ship carrying around 100 people. THE ASSOCIATED PRESS

Sen. Elizabeth Warren has pushed back against several of President-elect Donald Trump's decisions in just the past few weeks.

GETTY IMAGES; THE ASSOCIATED PRESS

Warren vs. Trump

U.S. POLITICS

President-elect's top Democratic foil embracing the fight

Donald Trump's election has propelled Sen. Elizabeth Warren into an even sharper partisan spotlight as she embraces her role as a top Democratic foil to the Republican president-elect.

In just the past few weeks, Warren has penned a scathing 16-page critique of Trump's nominee for education secretary, Betsy DeVos; grilled his pick for housing secretary, Ben Carson; co-sponsored legislation requiring the president and vice-president to disclose and divest any potential financial conflicts of interest; and signed onto legislation to block the creation of a federal religious registry.

The Massachusetts Democrat is leaning on every lever of power she has — from her fundraising prowess to her social media accounts — to position herself as a leading voice of a party in political exile.

"My priorities haven't changes since the day I got into office," Warren said.

> **What the Republicans are doing is irresponsible and cruel.**
> Elizabeth Warren on the push to repeal Obamacare

"I see my job as making sure the voices of ordinary people aren't drowned out in Washington by those who have money and power."

Her list of grievances with Trump is long and growing longer.

But in a shift from the campaign, when Warren lobbed Twitter grenade after Twitter grenade to get under Trump's skin, she says her criticism is now more focused on her top priority: the economic well-being of middle- and working-class families.

She has excoriated Trump's pick for Treasury secretary, Steven Mnuchin, saying he profited from the foreclosure crisis; called out Trump's Department of Labor nominee, fast food entrepreneur Andrew Puzder, after hearing from workers who said they were underpaid, had their wages stolen, and were forced to work in unsafe conditions; and vowed to fight to protect President Barack Obama's health-care law and preserve the Consumer Financial Protection Bureau, which she helped create.

"The Republicans have put us on the path to repealing the ACA (Affordable Care Act), and that will make a profound difference in the lives of millions of Americans," Warren said. "I'm all for making the ACA better, but not for throwing it out. What the Republicans are doing is irresponsible and cruel."

Warren won't say whether she is prepping for a possible 2020 run for president, although she has announced plans to run for re-election in 2018, making the case for a second term in part by again pointing to "Donald Trump and his team of billionaires, bigots, and Wall Street bankers" in an email to supporters.

THE ASSOCIATED PRESS

DONALD DIGEST

A roundup of other news about the president-elect

Outgoing CIA chief rips into Trump on Russia threat
The outgoing CIA director charged on Sunday that Donald Trump lacks a full understanding of the threat Moscow poses to the United States, delivering a public lecture to the president-elect that further highlighted the bitter state of Trump's relations with American intelligence agencies.

Kremlin counts days to inauguration, blasts Obama
With eager anticipation, the Kremlin is counting the days to Donald Trump's inauguration and venting its anger at Barack Obama's outgoing administration, no holds barred.

Thousands rally to resist health law repeal drive
Thousands of people showed up in freezing temperatures on Sunday in Michigan to hear Sen. Bernie Sanders denounce Republican efforts to repeal President Barack Obama's health care law, one of dozens of rallies Democrats staged across the country to highlight opposition.

White House media corps could be relocated
Routine media access to the White House could be a thing of the past under Donald Trump's presidency, with top officials of the incoming administration saying Sunday that they're exploring more spacious options nearby.

The news, first reported Sunday, raised alarms that it was the end to the longstanding tradition of daily press briefings in the White House, a reflection of Trump's contentious relationship with the news media.

THE ASSOCIATED PRESS

Nations push for two-state solution

Sending a forceful message to Israel's prime minister and the incoming Trump administration, dozens of countries Sunday called on Israel and the Palestinians to revive work toward long-elusive peace — including an independent Palestinian state.

The closing declaration at a Mideast peace conference in Paris urged both sides to "officially restate their commitment to the two-state solution" and disassociate from voices that reject this. It also warned them against taking one-sided actions that could hurt talks, an apparent reference to Israeli settlement building.

More than 70 diplomats gathered Sunday in Paris. THE ASSOCIATED PRESS

While the Palestinians welcomed Sunday's declaration, Israeli Prime Minister Benjamin Netanyahu called the conference "rigged" and cooked up to force Israel to accept conditions against national interests.

The French organizers argued the conference was necessary to keep hopes alive for a two-state solution between Israel and the Palestinians — the solution favoured by the international community for the past two decades.

Many members of Netanyahu's coalition want to abandon the two-state solution and expand settlements, and some have even called for annexing parts of the West Bank.

In a nod to Israel, the final declaration of Sunday's conference included criticism of incitement and "terror," a reference to Palestinian attacks. And some of the pro-Palestinian language in an earlier draft was removed after diplomats huddled in Paris.

THE ASSOCIATED PRESS

Bahrain rallies turn violent over executions

Bahrain on Sunday carried out its first executions since an Arab Spring uprising rocked the country in 2011, putting to death three men found guilty of a deadly bomb attack on police.

The executions of the Shiite men drew swift condemnation from human-rights groups and sparked intense protests by opponents of the Sunni-ruled government, who see the charges as politically motivated. Activists allege that testimony used against the condemned men was obtained through torture.

Hundreds of demonstrators took to the streets in several predominantly Shiite communities to protest the executions.

The rallies at times turned violent as youth hurled projectiles and petrol bombs while police responded with birdshot and tear gas, witnesses said. The sound of gunfire could be heard into the night.

Bahrain's public prosecution said the death sentences were carried out by firing squad.

The executions were the first in the U.S.-allied nation since 2010 and followed a spike in protests in solidarity with the convicted men.

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Brazil prison riot kills 26

SOUTH AMERICA

Officials say fighting by rival gangs broke out Saturday

Twenty-six inmates were killed in eruptions of violence inside two prisons in northern Brazil, officials said Sunday as they quelled the latest in a string of jail disturbances across the country in which more than 100 people died within two weeks.

The state security office for Rio Grande do Norte state had reported earlier in the day that there were 27 deaths, but later lowered that by one. It also said all bodies had now been counted.

State security officials said fighting between rival gangs broke out Saturday at the adjacent Alcacuz and Rogerio Coutinho prisons near the city of Natal.

Officials waited until dawn Sunday before entering to try to re-impose control, state security chief Caio Cesar Bezerra said.

An agent of the Military Police stands guard at the Alcacuz Penitentiary Center in northeastern Brazil where a deadly riot occurred. JOHANNES MYBURGH/AFP/GETTY IMAGES

"This way we guaranteed a calm intervention, a pacific intervention without resistance from the inmates," Bezerra said.

President Michel Temer expressed concern over the rebellion through his official Twitter account, saying Sunday that he was following the situation closely.

Like many prisons across the country, Alcacuz is overcrowded, with more than 1,000 inmates crammed into a facility meant for 620.

The recent outbreak of prison violence began on Jan. 1-2, when 56 inmates were killed in the northern state of Amazonas. Authorities said the Family of the North gang targeted members of Brazil's most powerful criminal gang, First Command, in a clash over control of drug-trafficking routes in northern states. Many of the dead were beheaded and dismembered. Four other inmates were killed at a smaller prison.

Then on Jan. 6, in the neighbouring state of Roraima, 33 prisoners were killed, many with their hearts and intestines ripped out.

Experts say First Command is exploiting overcrowding and squalid conditions in the penitentiaries to expand its reach across the national prison system.

Meanwhile, the prison chief for the southern state of Parana, Luiz Alberto Cartaxo, told Brazil's Globonews network that 21 inmates escaped from the Piraquara prison on Sunday after using explosives to break through the prison wall. He said two other inmates died in a confrontation with police while trying to flee. THE ASSOCIATED PRESS

HOLOCAUST

Link to Anne Frank unearthed

Researchers excavating the remains of one of the most notorious Nazi death camps have uncovered a pendant that appears identical to one belonging to Anne Frank, Israel's Yad Vashem Holocaust memorial said Sunday.

Yad Vashem says it has ascertained the pendant belonged to Karoline Cohn — a Jewish girl who perished at Sobibor and may have been connected to the famous diarist. Both were born in Frankfurt in 1929, and historians have found no other pendants like theirs.

The triangular piece found has the words "Mazal Tov" written in Hebrew on one side along with Cohn's date of birth. The other side has the Hebrew letter "heh," an initial for God, as well as three Stars of David.

Researchers are now trying to reach out to any remaining relatives of the two to confirm whether they were related.

Since 2007, the Israel Antiquities Authority, together with Yad Vashem, has been conducting excavations at the former camp in Poland in a novel approach to Holocaust research. The camp was destroyed after an October 1943 uprising, with the Nazis levelling it and planting over it to cover up their crimes. Yet, archeologists have managed to uncover the gas chamber foundations and the original train platform.

More than 250,000 Jews were killed in Sobibor, in eastern Poland, one of the most extreme examples of the Nazi "Final Solution" to eradicate European Jewry. Frank died at the Bergen-Belsen camp, in northern Germany, in 1945.

Unlike other facilities that had at least a facade of being prison or labour camps, Sobibor and the neighbouring camps Belzec and Treblinka were designed specifically for exterminating Jews. Victims were transported there in cattle cars and gassed to death almost immediately.

"These recent findings from the excavations at Sobibor constitute an important contribution to the documentation and commemoration

THE ASSOCIATED PRESS

A pendant that appears identical to one belonging to Anne Frank. ISRAEL ANTIQUITIES AUTHORITY

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Friday - Home Fellowship	7:00-9:00pm	3 Aspen Vista Way SW

Monthly Services

Program Name	Time	Date
Open Heavens	7:00-9:00pm	Every Friday preceding 1st Sunday of the month
• Faith Clinic • Communion Service • Anointing service	6:00-8:00pm	1st Sunday of every month

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Event Name	Time	Date
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A man views the destruction inside a banquet hall in Deir Qanoun, Syria, on Sunday. STEP NEWS AGENCY/THE ASSOCIATED PRESS

MIDDLE EAST

Syrian military shelling leaves 12 villagers dead

Syrian government forces shelled a village in a rebel-controlled area near Damascus on Sunday, killing at least 12 civilians and injuring several others who were taking shelter in a banquet hall.

The violence in the water-rich Barada Valley, which has raged since Dec. 22, has tested the country's fragile ceasefire and restricted the flow of water to the capital. Despite an agreement to allow maintenance workers in to fix the water facility in the rebel-controlled valley, the violence continued, also trapping an estimated 100,000 residents.

On Sunday, shells fell on al-Reem banquet hall in Deir Qanoun village in the valley that houses hundreds of civilians who had escaped the intensified fighting. The activist-operated Wadi Barada Media Center said 12 were killed and more than 20 were injured. The group posted pictures of the bloodied floors of the hall, some of them showing bodies with severed limbs.

In a video posted by the opposition Step News agency, a civilian in the hall said the shelling killed his wife, daughter and niece. The distressed man called for help as he tried to piece together the bodies of his killed family. "Their flesh was torn apart, so if there's someone to help us out," the man said as he walked away from the camera.

There were signs of massive destruction in the hall, with furniture broken, walls destroyed and blood stains on the tile floors. THE ASSOCIATED PRESS

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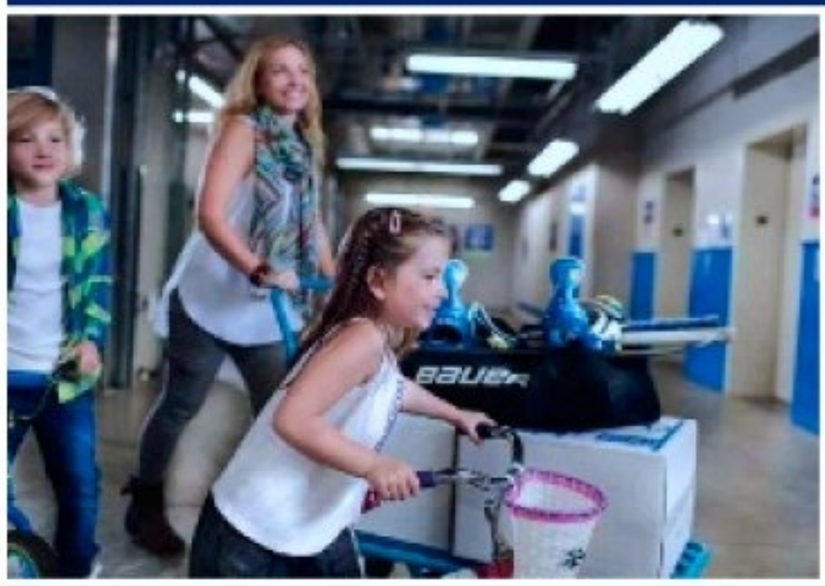

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When trademarks become offensive

FIRST AMENDMENT

Law restricting names is pitted against free speech

The Slants aren't exactly a household name when it comes to music, but the Asian-American rock band has certainly made its mark in the legal world.

The Oregon-based group has spent years locked in a First Amendment battle with the government, which refuses to register a trademark for the band's name because it's considered offensive to Asians.

That fight will play out Wednesday in the nation's highest court as the justices consider whether a law barring disparaging trademarks violates the band's free-speech rights.

For Slants founder Simon Tam, the name was chosen not to offend, but to take on stereotypes about Asian culture. He says the band is reclaiming a term once used as an insult and transforming it into a statement of cultural pride.

"Words aren't equipped with venomous impact on their own," he said in an interview. "They have to be tied to motive and rooted in context."

But the U.S. Patent and Trademark Office didn't see it that way. It refused to register the name in 2011, saying a trademark can be disparaging even if it's meant to be used in a positive light.

A divided federal appeals court handed the band a victory four years later, ruling that the law prohibiting offensive trademarks is unconstitutional.

If the decision is upheld, the government warns it will be forced "to register, publish and transmit to foreign countries marks containing crude references to women based on parts of their anatomy; the most repellent racial slurs and white supremacist slogans; and demeaning illustrations of the prophet Mohammed and other religious figures."

THE ASSOCIATED PRESS

REDSKINS

The Washington Redskins had hoped to piggyback on the Slants case and have the Supreme Court hear their dispute at the same time. The justices declined. A Virginia federal appeals court has put their case on hold pending the outcome of the Slants case.

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TransAlta's Brazeau hydroelectric project is looking at dusting off half-century-old plans to pump stored water to the hydro plant in times of need. CONTRIBUTED TRANSALTA/THE CANADIAN PRESS

POWER PLANTS

Renewable energy poses new challenge

The rise of renewable power has created a need for energy storage that companies are fulfilling with underwater balloons, multi-tonne flywheels and decades-old designs.

"Where renewables go, storage will follow," said John Wright, project manager at Northland Power.

The need for energy storage comes from the temporary and sometimes unpredictable nature of renewable energy. The wind doesn't always blow and the sun doesn't always shine.

Power companies and utilities have been looking to compensate for that with what amount to giant batteries and smooth out delivery, storing energy in times of low demand and distributing it when demand is high.

Northland Power has been developing a 400-megawatt pumped storage project that takes the form of an old flooded mine, sitting on a plateau just outside of Marmora, Ont.

The project pumps water up into the mine pit when there's extra energy, and then lets it run out through a turbine when more energy is needed.

Meanwhile, TransAlta Corp. is dusting off half-century-old plans to expand its Brazeau hydroelectric project. Similar to Northland's Marmora project, the pumped storage operation would allow the plant to pump water back up to the reservoirs of the existing hydro project. The project was slated to be the company's next hydro project in the 1960s before coal power became economical in Alberta.

> **Where renewables go, storage will follow.**
>
> John Wright, project manager at Northland Power

Hydrostor is piloting a project with Toronto Hydro where air is compressed using power and pumped into underwater balloons sitting on the bottom of Lake Ontario. When the power is needed, the water pressure helps push the air back out through turbines and the power is sent to the grid.

THE CANADIAN PRESS

metro VIEWS
METRO FOCUS ON ACTIVISM!
Your essential daily news
Monday, January 16, 2017

In turbulent times, some people take a stand. This week, Metro is dedicating this page to activism in a testament to those who are willing to act, and not just talk, when it's needed the most.

URBAN ETIQUETTE **ELLEN VANSTONE**

THE QUESTION

How do I tell my friends that they're wrong to disparage the Women's March in Washington?

Dear Ellen,

When I heard about the Women's March in Washington on January 21, I immediately signed up and thought all my friends would too. But some of them think it's a silly idea. How do I politely tell them they're wrong, and that all people should be mobilizing for women's rights?

Maddie

Dear Maddie,

Indeed. I'm constantly shocked when people I'm close to don't agree with my point of view. I feel the world would be a much better place if everyone thought and acted as I did — though I admit there would be less fine cooking and probably way too many people cutting their own hair.

I too signed up for the women's march the second I heard about it. And even if going to Washington isn't feasible, or affordable, for some, I figured every reasonable, decent person I knew would want to support the march, or join a local event in support of it, or at least "like" the effort on Facebook.

Nope. Not only did some friends reject the idea, my best friend from Grade 1, who moved to the U.S. years ago, told me on Facebook that she voted for Trump.

Before the election, I would've argued with her, or at least cut her off. Since the election, I've reconsidered my approach. I'm not as smug as I used to be. I'm really sick of angry divisiveness. Instead of clobbering people with my superior beliefs, or acidly mocking theirs, I figure it's time to stop talking and start acting in a way that might do some good in the world.

So while I don't understand how my otherwise reasonable, decent American friend could support such an unreasonable, indecent candidate, I'm ready to listen to her reasons if she ever wants to discuss them with me.

In the meantime, I'll march in Washington this Saturday — not as an act of dissent or display of anger. But in an effort to promote the values that so many people before us have fought and too often died for.

I'll march to draw attention to the "women's" issues that actually affect men. As former UN Secretary General Kofi Annan once pointed out, gender equality is good for men and women: "Families are healthier, they are better fed, their income, savings and reinvestment go up."

I'll march as a role model so girls and boys can see people standing up for what they believe in in a democratic society.

I'll march because this event isn't just about sexism; it's also about the damage our patriarchy does to people of colour, and to individuals who are gay, lesbian, transgender, disabled.

I'll march as a message to the Trump knock-offs in Canada who are currently vying to lead the Conservative Party. I won't give them any free ink by naming them here.

So, Maddie, don't worry about friends who don't understand. Those of us who do march will help spread a message of strength and hope for women, men and children of every stripe, everywhere.

FIELD GUIDE An activist needs an active mind

Social movements involve action but also learning and study. In his book Learning Activism, Prof. Aziz Choudry of McGill University argues intellectual work in social movements is underappreciated, and that anyone who wants to fight for change needs to first find "access to what others have learned, in the past, or elsewhere, from a different positioning in society."

VICKY MOCHAMA

In case of apathy, open this box

When George Zimmerman was found not guilty of the murder of Trayvon Martin, I was furious. Not at the verdict but at the people around me.

(The verdict seemed oddly foretold; black people's weariness and skepticism of the justice system isn't a matter of cultural indifference but of evidence-based policy.)

The people around me at the time — most of them white — were silent and remained so while I embarked on a reckoning. Twitter, where I had been following the trial, became my classroom. Black people became my teachers. Black women, especially, gave colour and context to experiences I had dealt with my whole life.

But my white friends — smart, kind, humane people — had been left behind. Which is why I was intrigued by the premise of Safety Pin Box. Created by two Black Lives Matter activists from Seattle, Safety Pin Box is a monthly subscription service that is trying to develop true allies out of white people. Building on the idea that safety pins could be worn as symbols of safety and allyship, the company wants to turn away from symbolic gestures and towards real actions toward cultural change.

I spoke to Marissa Johnson, one of the company's founders. "It's not policy that drives social change," she said. "It's culture. What we're really trying to do is change the culture and change the social norms around white."

The company's creators have taken from their activism — Johnson once disrupted a Bernie Sanders speech to speak out against police brutality — and woven it into the fabric of Safety Pin box.

Each month, subscribers receive a series of tasks and questions designed around a theme related to black political life. One example Johnson gave was of an elderly black women. By asking questions — "Where are older black women in your community? Where do they spend time?" — they highlighted an often overlooked contingent of the black activist community. As a result, Johnson said one subscriber, an Uber driver, now offered free rides to elderly black women when he could.

Safety Pin box isn't the only company to form around activist ideas. Noir Reads is a recently launched subscription service that delivers books by black authors from across the globe. Signalling one's politics for a profit isn't revolutionary: let she who did not wear a Che Guevara shirt throughout high school cast the first stone. But to do so in a way that deepens and continues the fight for radical change is.

As Johnson says, "White guilt is good when it motivates you to do better."

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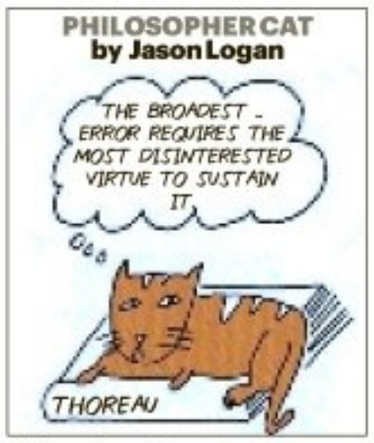

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metro LIFE

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Monday, January 16, 2017

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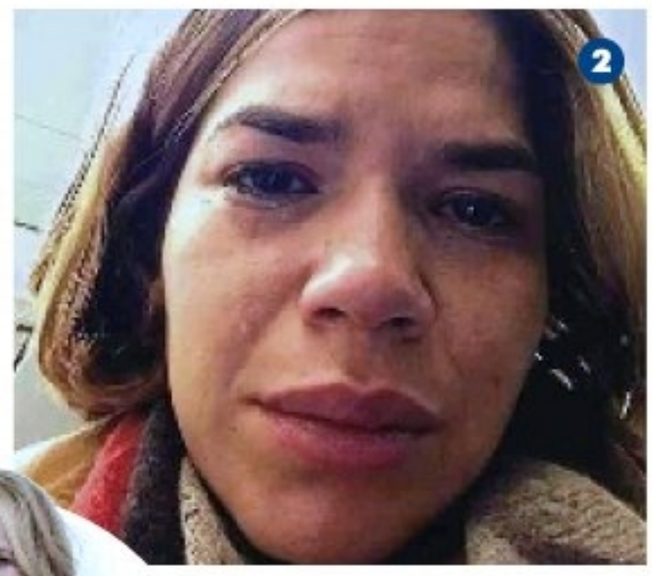
With a median household income of $40,581, millennials earn 20 per cent less than boomers did at the same stage of life, according to new analysis.

Celebs join march for women

Celebrities may be dropping out of Donald Trump's inauguration faster than you can say "social media backlash," but Hollywood is turning out in force for the Women's March on Washington. **GENNA BUCK/METRO**



1. Katy Perry

The Firework singer, who stumped for Hillary Clinton during her campaign, declared on Twitter "SISTERS ARE DOIN' IT FOR THEMSELVES!" as she announced her plans to attend the march.

2. America Ferrera

The Superstore actress took this selfie that shows tears on her face after Trump got elected, saying she was experiencing grief and sadness. Ferrera has since mobilized into action, once again. On Saturday she Instagrammed this poster with the caption "My brown, immigrant, vagina-having ass will be there!"

She will chair the artist table at the march in D.C. "As artists, women, and most importantly dedicated Americans, it is critical that we stand together in solidarity for the protection, dignity and rights of our communities," she said in a statement.

3. Chelsea Handler

The TV host and veteran stand-up comic will lead a sister march in Park City, Utah, one of hundreds of solidarity marches planned around the United States and the world.

4. Amy Schumer

This politically outspoken comedy darling called Trump a "an orange, sexual-assaulting, fake-college-starting monster" at one of her shows. She Instagrammed a photo of herself wearing Pussyhat Project gear last week, writing "See you at the march!"

5. Scarlett Johansson

The Avengers actor is a longtime supporter of Planned Parenthood. She told Variety that attacks on reproductive choice from Trump and Republicans are "pretty terrifying." She said she's attending the march to make her voice heard and stand up for what she believes in.

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Canadians joining in journey and making noise at home

Social media
Former Torontonian Samantha Bee is reportedly attending in D.C., while Ontario MPP Cheri DiNovo, actress Pamela Anderson and singer Joel Plaskett have tweeted support for the marches.

Nasra Adem
Edmonton's Youth Poet Laureate and curator of Sister 2 Sister arts collective will share a poem in Edmonton.

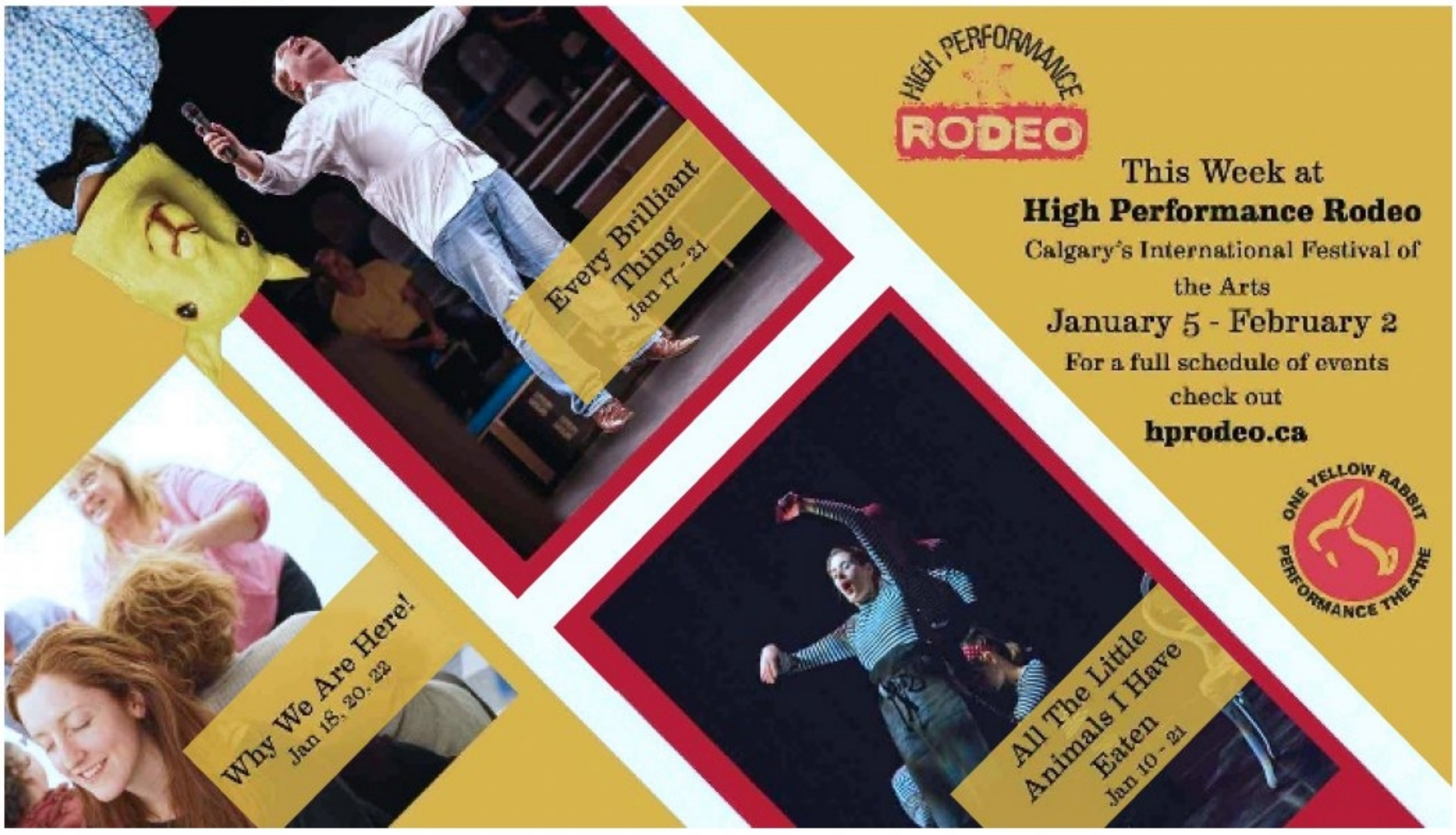
k.d. lang
The singer is attending the march in Calgary.

Sandra Jansen
The member of legislative assembly for Calgary — North West is scheduled to speak.

Francyne Joe
The head of the National Native Women's Association of Canada is speaking in Ottawa.

Béatrice Vaugrante
The general director of Amnesty International Canada will speak in Montreal.

KYLE PRETZLAFF/VIA NASRA ADEM FACEBOOK



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When it comes to renovations, experts say one area where you should never skimp on is a reputable contractor. ISTOCK

Hope for the best, plan for the worst

ADVICE

Rushing reno not a good idea — whether it's a big or small job

Ali Bisram has less-than-fond memories of her basement bathroom renovation project.

"It was supposed to be around $2,500 to $3,000. We just wanted to replace the toilet and the vanity and put in a smaller shower, a little corner unit," says Bisram, a 35-year-old government administrative coordinator in Brampton, Ont.

"But when you open up the walls inside a 120-year-old home you don't know what you'll find."

Problems included a toilet with unconnected "Frankenstein plumbing" flushing directly into the ground, not to mention the uninsulated speaker cables masquerading as house wiring discovered beneath the demoed shower wall.

Two years and about $20,000 later the renovation was completed, during which Bisram and her wife had the work done in instalments to keep up with the escalating costs.

Bisram says she learned a key lesson about budgeting for any future home renos: Hope for the best, but plan for the worst.

For Adam Mernick, a general contractor and owner of Inglewood Restorations Ltd. in Toronto, any project he tackles must include contingency costs of 30 to 50 per cent to cover issues that crop up.

"I always go into it assuming there will be structural, plumbing and electrical problems," he says. "If you're hiring a contractor you need someone who is going to be honest and upfront and not try to promise you the moon during the first meeting. If a price sounds too good to be true it probably is."

Mernick's advice is to get at least three quotes from different insured contractors to get a sense of what a project should cost — accounting for everything from materials and labour to licensing and permits, as well as potential problems.

Often home owners don't have realistic expectations when it comes to the actual cost of a project, adds Toronto-based interior designer Lisa Canning.

"I do a lot of two-hour consultations with people who want to start a kitchen renovation. My first question always is 'what's your budget?' The response I get is big, glassy eyes. The hadn't even thought about it," she says.

Canning says it's only after a reasonable budget has been established that you can actually starting planning.

"Even if your kitchen budget is small, we can get creative so you can afford a beautiful countertop like stone or marble," she says, noting that savings could be made by opting for less expensive cabinets instead of custom made.

Doing rudimentary demolition on your own, such as taking down drywall or removing old cabinets with a sledgehammer, is another way to trim a budget, she adds.

But if you still find your dream reno is out of reach after exhausting all your options, both Canning and Mernick advise putting it on hold while you save more money.

"If you're making your home safe that's a priority, but if you're renovating just because you want to there's no urgency," Canning says.

Rushing a project may also see you choose cheaper materials and finishes that you'll later regret and be unsatisfied with, Mernick points out.

"When it comes to making a bathroom pretty, if you've got to have Italian marble you've got to have it," he says. "But if you're patient and do some leg work, you may later find a warehouse that's selling off what you're looking for."

One budgetary area, however, that you should never skimp on is a reputable contractor who can assemble a team of experienced tradespeople.

"Trades are where a project succeeds or fails. You can have the most expensive counters and tiles, but if they're installed incorrectly they're going to look bad," Canning says.

THE CANADIAN PRESS

If a price sounds too good to be true, it probably is.

Adam Mernick, general contractor

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Pack deliver in the clutch

NFL PLAYOFFS

Green Bay ousts Dallas on last-second field goal

Aaron Rodgers didn't need another Hail Mary this time.

Maybe just call it a "Half Mary."

Rodgers threw a 36-yard pass to a toe-dragging Jared Cook on the sideline, and Mason Crosby kicked a 51-yard field goal on the next play as time expired, sending the Packers to the NFC championship game with their eighth straight win while thwarting a Dallas rally in a 34-31 victory in the divisional round of the playoffs Sunday.

The throw on the run from Rodgers to Cook came on third-and-20 with 12 seconds left, and after the Cowboys tied the score twice in the final 4:08 after trailing by 18 in the first half and by 15 to start the fourth quarter.

"I love the opportunity to go out there and make plays," said Rodgers, who threw for two touchdowns to give him 21 during the winning streak, although he threw his first interception during the run.

"I was disappointed we had a chance there at 28-13 to go up three scores and make it really difficult for 'em and I threw a pick there on third down. We were able to come down and have two good drives toward the end of the game."

Dallas' rally was led by rookie sensations Dak Prescott and Ezekiel Elliott in their playoff debuts, and the first two career post-season touchdown catches for star receiver Dez Bryant along with the first for 14th-year tight end Jason Witten.

"We're not going to stop no matter what the score is, no matter the game," Prescott said. "It shows the true character of this team."

Crosby's winner was the third field goal of more than 50 yards in the final 1:33 — two from Crosby and one from Dallas' Dan Bailey. And Crosby had to make the winner twice after Dallas coach Jason Garrett called timeout before the first attempt.

"It's kind of a blur right now," Crosby said. "When we have 35 seconds on the clock and that our offence can move the ball into field goal range and a manageable kick, that's just special."

Rodgers, who sparked last week's wild-card win over the New York Giants with another Hail Mary before halftime, is headed to an MVP showdown with Atlanta's Matt Ryan next Sunday. It will be Rodgers' third NFC title game — all on the road for Green Bay (12-6).

Prescott, whose 11-game winning streak during the regular season sent Tony Romo to the bench when he returned from a pre-season back injury, rallied the Cowboys in a way that probably made Dallas' 10-year starter proud.

The Cowboys (13-4) almost became the third team in the Super Bowl era to win in the playoffs after trailing by 15 in the fourth. The first was Dallas in 1972, when "Captain Comeback," Roger Staubach, rallied the Cowboys in San Francisco.

Instead, top-seeded Dallas ended up with its fifth straight loss in the divisional round and a 21-year drought in trips to the NFC championship game.

THE ASSOCIATED PRESS

Mason Crosby of the Packers kicks the game-winning field goal during an NFC divisional-round playoff game against the Cowboys on Sunday in Arlington, Texas. RONALD MARTINEZ/GETTY IMAGES

SUNDAY In Arlington

34 31

PGA TOUR

Thomas' latest win a historic triumph

Challenged only by the record book, Justin Thomas won the Sony Open on Sunday with the lowest 72-hole score in PGA Tour history.

Thomas capped off a week at Waialae that began with a 59 and ended with his second straight victory. He closed with a 5-under 65 to set the record at 253. Tommy Armour III shot 254 at the 2003 Texas Open.

Thomas began the final round with a seven-shot lead, and no one got closer than five all day.

The 23-year-old from Kentucky became the first player since Ernie Els in 2003 to win both Hawaii events — the other being the SBS Tournament of Champions last week — and he won for the third time in his last five tournaments worldwide.

He won by seven shots over Justin Rose. THE ASSOCIATED PRESS

Justin Thomas GETTY IMAGES

Calgary slider wins gold

SKELETON

Victor Vathje shares World Cup podium with teammate

Calgary's Elisabeth Vathje and Ottawa's Mirela Rahneva won gold and bronze respectively on Sunday at a skeleton World Cup event in Winterberg, Germany.

Vathje slid to a golden time of 58.02, while Rahneva clocked in at 58.14 for the bronze in the weather-shortened one-run race. Germany's Jacqueline Loelling was second at 58.12.

"It is pretty cool and surreal to be back on top of the podium," said Vathje. "I love coming to Winterberg and have always enjoyed this track. I had an inkling that I could win here today, even though Jacqueline (Loelling) is incredible on this track. We always have a great battle here."

It is the second podium for the hard-working Rahneva in just her fourth race. Her first podium in Europe, she also slid to the bronze at a World Cup stop in Lake Placid, N.Y., just prior to the holiday break.

Elisabeth Vathje, left, and Mirela Rahneva
DPA VIA THE ASSOCIATED PRESS

"I had a rough week in Altenberg, but I knew it was important to stay strong and positive. It was nice to come here and do well," said Rahneva. "I must have visualized 100 runs this week and continuously practised laying on my sled. To be able to materialize it on the track is a great feeling."

North Vancouver's Jane Channell finished in 12th at 58.86 despite putting down the fastest start time in the field. It was the first time in four years that two Canadian skeleton athletes shared the World Cup podium. The last two Canadians to reach the podium together were Sarah Reid and Mellisa Hollingsworth when they finished one-two in Lake Placid during the 2012-13 season.

"It's awesome to have two of us on the podium and really shows the depth of our program," said Vathje. "I really hope we can get Jane up there on the podium with us. All three of us are forces to be reckoned with. We love this sport and our country so much so it is awesome to show our depth."

The race was originally stopped due to heavy snow after the first seven sleds went down the track. Officials planned to call the race off, but after a lengthy delay, the weather cleared, and a one-run race was re-started from scratch.

THE CANADIAN PRESS

TENNIS AMERICAN ROGERS CAUSES AUSSIE OPEN UPSET AGAINST HALEP
Shelby Rogers of the United States serves to Romania's Simona Halep during their first-round match at the Australian Open in Melbourne on Monday. Rogers caused the first upset of the tournament, beating the fourth-seeded Halep 6-3, 6-1 in the opening match on the centre court.
AARON FAVILA/THE ASSOCIATED PRESS

IN BRIEF

Canada's Thompson and Leman win ski cross medals
Marielle Thompson of Whistler, B.C., saved her best run for last on Sunday, winning gold in women's ski cross while Calgary's Brady Leman took silver in the men's event at the World Cup.

Thompson took an early lead in the final heat and held it all the way down the track to win the title.

Leman earned his second silver in as many days, making it his fourth podium finish of the season. THE CANADIAN PRESS

Raptors thrash Knicks
DeMar DeRozan poured in 23 points and Norman Powell had 21 for the dominant Toronto Raptors, en route to a 116-101 victory over a horrible New York Knicks team at the ACC in Toronto.

Jonas Valanciunas recorded his 15th double-double of the season with 12 points and 16 rebounds for the Raptors (27-13), who are 8-0 against Atlantic Division opponents.
THE CANADIAN PRESS

Caps cruise past Phillys
Justin Williams and Matt Niskanen each scored two goals and Philipp Grubauer stopped all 24 shots he faced and the Washington Capitals extended their winning streak to nine by crushing the Philadelphia Flyers 5-0 Sunday.

The Capitals lead the NHL with 63 points and have outscored their opponents.
THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Creamy Black Bean Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This soup will bring you to warmer temperatures of the Southwest.

Ready in 50 minutes
Prep time: 20 minutes
Cook time: 30 minutes
Serves 4

Ingredients
For the soup:
- 2 or 3 slices bacon
- chopped (optional)
- glug of olive oil
- 1 onion, chopped
- 3 cloves of garlic, minced
- 2 carrots, chopped small
- 2 stalks of celery, chopped
- 1 bunch cilantro, washed well, stems minced (keep leaves for salsa)
- 1 tsp cumin
- 2 19-oz cans of black beans, rinsed
- 1 litre container low sodium chicken stock
- pinch of pepper

For the Salsa:
- 1/2 ripe avocado, diced
- 1 lime, juiced
- 1/2 tomato diced
- handful of cilantro leaves
- 1 Tbsp of olive oil
- pinch of chili pepper, minced (add more if you want more kick)

Directions

1. In a heavy-bottomed large pot, saute bacon in a bit of olive oil over medium until they crisp. Add onion, garlic, cilantro stalks, carrots and celery and allow to soften, about 5 minutes. Add cumin and cook for another minute. Pour in rinsed beans and stock. Cover and simmer up to 40 minutes over very low heat. Stir every 5 minutes.

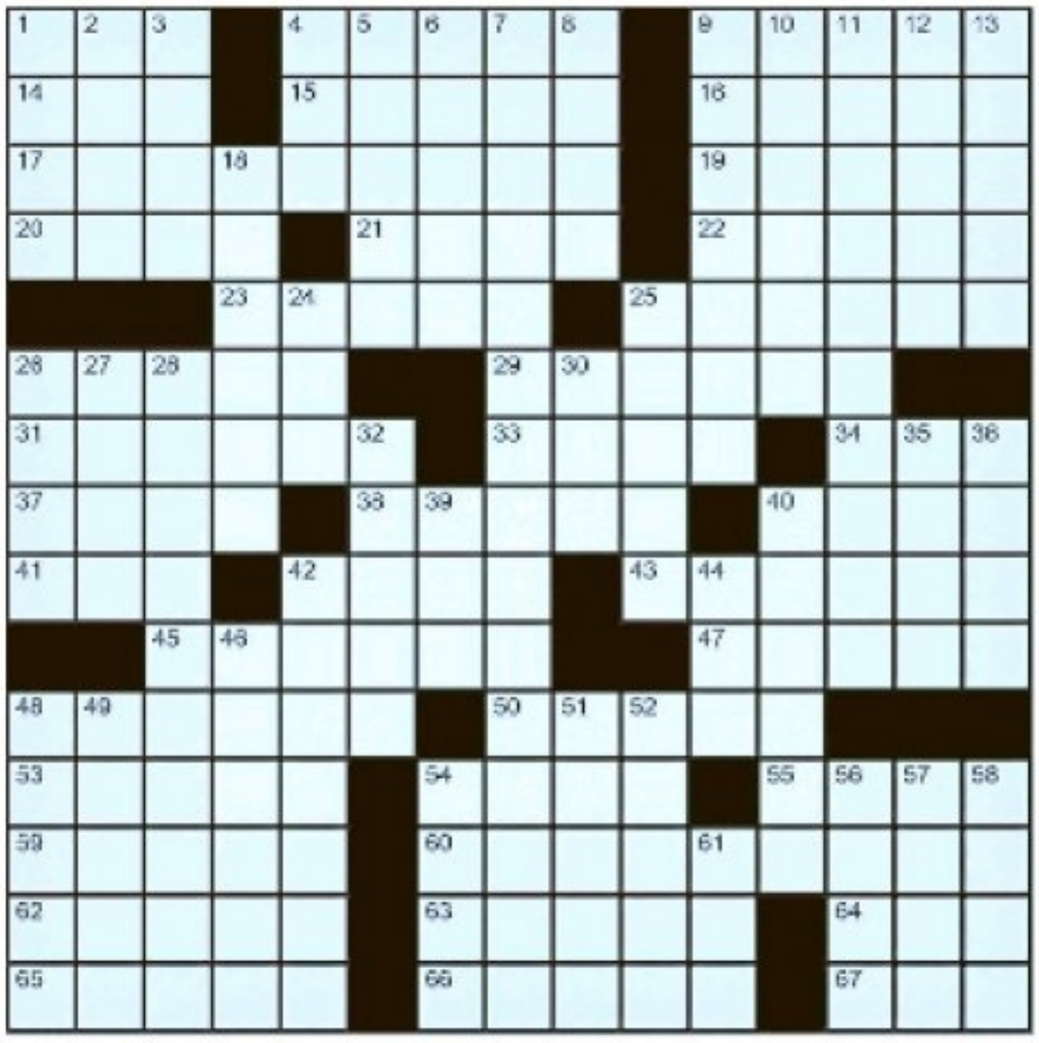
2. Chop up your salsa ingredients and let them sit together in a bowl to let flavours develop.

3. Take soup off heat and cool. Use a blender to puree in small batches or an immersion blender to make a puree. Season to taste. Serve plain or with plain yogurt and salsa.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Alfred E. Neuman's magazine
4. Montrealer's 'thanks'
9. Stinging insects
14. Pres. Lincoln
15. Declares with certainty
16. Nifty neckwear
17. 'We Are Experiencing _ Difficulties'
19. Marshy tract
20. Blackthorn fruit
21. Lounge/idle
22. Veronica Lodge's father in Archie Comics
23. Hoarse
25. They're used in the prep of apple desserts
26. Someone sulking
29. "You _ Be Dancing" by The Bee Gees
31. State not attached to The States
33. Lemony
34. Aye
37. Delicate, as doilies
38. Tree _ (Forest 'chair')
40. Legendary Canuck comedy sketch series
41. 'Impress' suffix
42. CEO's "Now!"
43. Beethoven's 'Moonlight'
45. Deli sandwich ingredient
47. Ceremonies
48. Wine from Spain
50. Harped on
53. Second Cup offering
54. Shredded cabbage
55. Hint
59. Ancient seaport of Rome
60. Silverware maintenance chore
62. War horse
63. Barbra Streisand/Ryan O'Neal movie, "The Main _" (1979)
64. Charles Dickens: Bleak House girl
65. He met Sally in the rom-com
66. Cut orange portion
67. Bryan's co-singers on "All for Love", Sting and _

DOWN
1. Front hallway rugs
2. Genesis son
3. Art _ (Design style)
4. "I'm Your _" by Leonard Cohen
5. Wickednesses
6. Summary
7. Ryan Gosling romantic comedy of 2011 starring Steve Carell: 3 wds.
8. Tropical vacation spot
9. Clunker
10. Whirling
11. Chicken
12. Like an expedition waaaay up north
13. Bouquet 'handles'
18. Unorthodox belief
24. Sacred chest
25. Beatles business, Apple _
26. French Sudan, now
27. Antarctica's Prince _ Coast
28. One up ahead in a field of racers
30. Spotlight lover
32. Ore evaluation
35. 'Bachelor' suffix
36. Ms. Gardner's
39. Tartan-decorated topper
40. Stool pigeon
42. "Wow! That was quick!"
44. Basketball's li'l Magic city
46. More creatively crafty
48. Splash
49. "_ la vista, baby." - The Terminator
51. As the lines in corduroy fabric
52. Southfork family on the famous prime time soap
54. Disgorge
56. Beguiler
57. Nullify
58. "Holy cow!"
61. Female saint in France [abbr.]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with others at work today, because this is a tough day for everyone. People are quick to anger, and they also are quick to be critical and gloomy.

Taurus April 21 - May 21
This is a tough day for romance. Romantic quarrels might break out, especially about money and shared possessions. Parents must be patient with their kids.

Gemini May 22 - June 21
Discussions with partners and family members are difficult today. Do your best to avoid family arguments. Put a lid on things. (You won't regret it.)

Cancer June 22 - July 23
This is a quarrelsome day, especially with siblings, relatives and neighbours. Knowing this ahead of time, you can practice patience and set the bar for everyone.

Leo July 24 - Aug. 23
Your financial scene might depress you today. Perhaps you will have an argument with someone about money or possessions, especially when having to do with your kids. Just be cool.

Virgo Aug. 24 - Sept. 23
The main thing today is to avoid arguments with partners, close friends and family members — especially older family members. You don't need this.

Libra Sept. 24 - Oct. 23
You might be annoyed with someone today, but feel you cannot speak up. This is just as well, because everyone is argumentative today. It's not good!

Scorpio Oct. 24 - Nov. 22
Avoid quarrels with friends or members of groups today, especially about money or possessions. Let's face it — there is never enough money. That's how it works.

Sagittarius Nov. 23 - Dec. 21
This is a poor day to get into an argument with a boss or parent, because it could turn nasty. People are easily discouraged and critical today. Take the high road.

Capricorn Dec. 22 - Jan. 20
Avoid controversial subjects like politics, religion and racial issues today, because they will become unpleasant.

Aquarius Jan. 21 - Feb. 19
Disagreements about inheritances and shared property are likely today, especially if an old friend is involved. This is a poor day to resolve anything. Therefore, be courteous and cooperative.

Pisces
Feb. 20 - March 20
Conversations with partners and close friends will disappoint you today because people are standoffish, cold and judgmental. Yikes! It happens.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8				2			
9	5		1		4			
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	1		7			5		
4		8			9		1	
	6			3		4		
7	2		6					
		3		5		2	4	
		6				9		

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

7	9	2	4	5	1	6	8	3
5	1	6	3	2	8	7	9	4
4	8	3	6	9	7	1	5	2
6	2	8	1	4	5	3	7	9
9	4	7	2	6	3	8	1	5
3	5	1	8	7	9	2	4	6
1	3	9	5	8	6	4	2	7
2	6	5	7	1	4	9	3	8
8	7	4	9	3	2	5	6	1

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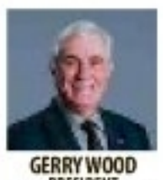

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